

Weight Management & Your Health

Self-Management Plan

<ul style="list-style-type: none"> • Eat breakfast. • Eat from a variety of food groups, including fruits, vegetables, grains, low fat dairy products, lean protein and nuts. Avoid fried or breaded foods. • Plan your meals and snacks ahead of time. • Drink water instead of soda, alcohol, or coffee. • Stay physically active. Exercise is key in burning calories and improving your health. 	<ul style="list-style-type: none"> • Keep your body mass index (BMI) within the normal range for your height. • If you are overweight, consider steps to make healthier choices. • Eat the right amount of calories that will help you maintain a healthy weight. • Stay away from “portion distortion.” Avoid “supersizing” food and beverages.
<p>Green Flags – All Clear 🚩</p>	
<p>If you:</p> <ul style="list-style-type: none"> • Eat a balanced diet • Consume calories that help you maintain a healthy weight 	<p>What this means:</p> <ul style="list-style-type: none"> • Keep up the good work!
<p>Keep up the great work!</p>	
<p>Yellow Flags – Caution 🚩</p>	
<p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Are overweight • Routinely eat fried or breaded foods • Drink whole milk • Eat foods high in fat • Drink sugary drinks • Eat foods that are salty, like potato chips and processed foods • Do not regularly eat vegetables or whole grains 	<p>What this means:</p> <ul style="list-style-type: none"> • You are at higher risk for health problems related to your weight, including risk for heart disease, stroke and diabetes • Talk with your health care provider about a health nutrition plan <div style="background-color: #D3D3D3; padding: 10px; margin-top: 10px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div>
<p>If you notice a Yellow Flag, work closely with your health care team.</p>	
<p>Red Flags—Stop and Think 🚩</p>	
<p>If you have:</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Physician:</p> <p>Number:</p> <p>Instructions:</p> <p>In an emergency situation: Call 911</p> </div>
<p>If you notice a Red Flag, call your physician immediately.</p>	

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Weight and Health Facts

- Obesity means having excess body fat and obesity is a chronic condition. Healthy eating and weight control are important throughout your life. Getting support helps you manage your chronic condition.
- Adults who are obese are less likely to have diets that are rich in fruits and vegetables or to be physically active at the recommend levels.
- Weight management is important, as if you are overweight or obese; this puts you at a greater risk for many diseases, including diabetes, heart disease, high blood pressure, trouble breathing, including sleep apnea, high cholesterol, stroke, joint problems, and some types of cancer.
- The health risks are greater if you tend to carry your weight around your abdomen, as opposed to your hips and thighs.

What can you do?

- Small steps can make a difference. Consider one thing you can do to help maintain a healthy weight. Perhaps set a health goal around healthy meals.
- It's important to read labels. Reading food labels helps you know how many calories, and servings are in a box, can, or package. The label also shows you nutrients like fat, fiber, sodium, and sugar in one serving of food.
- Many food labels say “low fat” or “reduced fat”, or “light”. Know that these claims do not always mean the food is low in calories. Also, fat-free does not mean calorie-free.
- Portion control is important. Most of us eat more calories than our body needs.
- Choose a diet that is moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.
- Talk with your health care provider about a healthy eating plan and an exercise plan, if you have not been doing regular exercise.

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—kcinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

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AREA AGENCY ON
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OF SOUTHWEST WASHINGTON